

## **AUGUST 2023**

HIIT Class

**Brain Longevity** 

10:00 PBCB Sailing

12:30 Mah Jongg

SALTY

11:00 Sit & Fit

**Closed Bridge** 

Mobile Meals

**Health Series** 

French Club

Meditation

12:00

12:15

1:30

2:00

2:45

9:45

1:00

1:15

## **SENIOR CENTER CALENDAR**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	
		8:30 9:00 9:45 10:00 11:00 12:00 12:15 1:30 2:00 2:45	Yoga Seaside Café & Trivia Dance with Jenny Baked Goods Pickup Light & Fit Closed Bridge Mobile Meals Health Series French Club Meditation	9:00 9:30 12:00 12:00 12:30 12:30 2:15	Hiking Club SHINE Appointments Farmers' Market Coupons Mobile Pantry Ask A Nurse Mah Jongg Rummikub Ukulele	8:30 8:30 9:00 9:45 11:00 12:00 12:15 1:00 2:00 2:00	HIIT Class Zoom Yoga Seaside Café/Cribbage HIIT Class Sit & Fit Open Bridge Mobile Meals Whole Foods BINGO Summer Arts & Music Series	8:30 9:00 9:30 12:30 1:00	Zoom Yoga Eastham <i>COA</i> ch Brown Bag Program Eastham <i>COA</i> ch Painting
8:30 9:00 9:30 9:45 11:00 12:30 1:00 1:15	HIIT Class Seaside Café Memoir Writing HIIT Class Sit & Fit Mah Jongg Brain Longevity SALTY	8:30 9:00 9:45 10:00 11:00 12:00 12:15 1:00 2:00 2:45	Yoga Seaside Café & Trivia Dance with Jenny Baked Goods Pickup Light & Fit Closed Bridge Mobile Meals Drop-In Tech Help French Club Meditation	8:30 9:00 9:30 12:30 12:30 2:15	HIIT Class Hiking Club SHINE Appointments Mah Jongg Rummikub Ukulele	8:30 8:30 9:00 9:45 11:00 12:00 12:15 1:00 2:00 2:00	HIIT Class Zoom Yoga Seaside Café/Cribbage HIIT Class Sit & Fit Open Bridge Mobile Meals Whole Foods BINGO Summer Arts & Music Series	9:00 10:30 12:30 1:00	Eastham COAch Grab & Go Meals Eastham COAch Painting

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8:15	Truro Farmers' Market	14	8:30 9:00	Yoga 15 Seaside Café & Trivia	8:30 9:00	HIIT Class Hiking Club	16	8:30 8:30	HIIT Class 17 Zoom Yoga	9:00 10:30	Eastham <i>COA</i> ch Making Music &	18
8:30	HIIT Class		9:45	Dance with Jenny	9:30	SHINE Appoint	ments	9:00	Seaside Café/Cribbage	20.50	Memories	
9:00	Seaside Café		10:00	Baked Goods Pickup	12:30	Mah Jongg	ciiis	9:45	HIIT Class	12:30	Eastham <i>COA</i> ch	
9:30	Memoir Writing		11:00	Light & Fit	12:30	Rummikub		11:00	Sit & Fit	1:00	Painting	
9:45	HIIT Class		12:00	Closed Bridge	1:00	Birthday Club		12:00	Open Bridge			
11:00	Sit & Fit		12:15	Mobile Meals	2:15	Ukulele		12:15	Mobile Meals			
12:30	Mah Jongg		2:00	French Club				1:00	Whole Foods			
1:00	<b>Brain Longevity</b>		2:45	Meditation				2:00	BINGO			
1:15	SALTY		5:30	Outreach: Fun Night Out	HA	PPY BIRTH	UA!	2:00	Summer Arts & Music			
8:30	HIIT Class	21	8:30	Yoga 22	8:30	HIIT Class	23	8:30	HIIT Class 24	9:00	Eastham <i>COA</i> ch	25
9:00	Seaside Café		9:00	Seaside Café & Trivia	9:00	Hiking Club		8:30	Zoom Yoga	10:30	Grab & Go Meals	
9:30	Memoir Writing		9:45	Dance with Jenny	9:30	SHINE	• 7 7 • 7 7 •	9:00	Seaside Café/Cribbage	10:30	<b>Emergency Storm</b>	1
9:45	HIIT Class		10:00	Baked Goods Pickup		Appointments		9:45	HIIT Class		Preparation	
10:00	PBCB Sailing		10:00	Elder Lawyer	12:00	Free Lunch		11:00	Sit & Fit	12:30	Eastham <i>COA</i> ch	
11:00	Sit & Fit		11:00	Light & Fit	12:30	Mah Jongg		12:00	Open Bridge	1:00	Painting	
12:30	Mah Jongg		12:00	Closed Bridge	12:30	Rummikub		12:15	Mobile Meals			
1:00	<b>Brain Longevity</b>		12:15	Mobile Meals	2:15	Ukulele		1:00	Whole Foods			
1:15	SALTY		1:00	Drop-In Tech Help				2:00	BINGO			
			2:00	French Club				2:00	Summer Arts & Music			
			2:45	Meditation								
8:15	Truro Farmers'	28	8:30	Yoga 29	8:30	HIIT Class	<b>30</b>	8:30	HIIT Class 31			
	Market		9:00	Seaside Café & Trivia	9:00	Hiking Club		8:30	Zoom Yoga			
8:30	HIIT Class		9:45	Dance with Jenny	9:30	SHINE Appoint	ments	9:00	Seaside Café/Cribbage			
9:00	Seaside Café		10:00	Baked Goods Pickup	10:00	PBCB Boating		9:30	Board Meeting			
9:30	Memoir Writing		11:00	Light & Fit	12:30	Mah Jongg		9:45	HIIT Class			
0.45	HIIT Class			81 18 11	1.2.76				St. 5 Etc.		- 1	

Rummikub

Ukulele

12:30

2:15

11:00

12:15

1:00

2:00

2:00

Sit & Fit

**BINGO** 

Mobile Meals

Whole Foods

Summer Arts & Music

12:00 Open Bridge